

November 2012 Sportsplex Aquatics Schedule

Aquatics Supervisor: Lisa Hearn, Water Exercise Coordinator: Denise Carr

The following activities are offered as part of our aquatics program. Some activities are strenuous or present certain risks, so medical clearance and/or parental permission may be required. Please contact us for information on any of our programs

Pool Hours

Mon-Thu 6:00 AM - 7:00 PM

Friday 6:00AM - 6:00PM

Saturday 12:00PM-4:00PM

Sunday - Closed

Special Events/Swim Meets/Updates

Pools Closed Sat Nov 3, 2012 for a Swim Meet

Pools Closed Nov 22-24, 2012 for Thanksgiving

Pools Closed Nov 29-Dec 2, 2012 for a Swim Meet

RECREATIONAL POOL (Small Pool)

Activity	MON	TUE	WED	THU	FRI	SAT	SUN
Open Swim	6:00 AM-9:30 AM 11:00AM - 2:00PM	6:00AM-5:00PM	6:00 AM-9:30 AM 11:00AM - 2:00PM	6:00AM-5:00PM	6:00 AM-9:30 AM 11:00AM - 6:00PM	12-4	
CLASSES							C
Water Exercise		6:10AM Darlene		6:10AM Ken			L
Sunrise	6:30AM - 7:15AM		6:30AM - 7:15AM				O
Senior Water Exercise	9:30AM-10:45AM		9:30AM-10:45AM		9:30AM-10:45AM		S
Aqua Power LunchExpress			Ken 12P-1230P 1230P-100P *				E
Swim America	200p-700p	4p-5p	200p-700p	4p-5p		800A- 12Noon	D
NAC		5p-6p		5p-6p			
Aqua Power		6:00PM Ken		6:00PM Ken **			

50 METER COMPETITION POOL (Large Pool)

Activity	MON	TUE	WED	THU	FRI	SAT	SUN
Diving Boards	Only Available By Rental						Closed
Lap Swim	6:00AM-7:00PM	6:00AM-7:00PM	6:00AM-7:00PM	6:00AM-7:00PM	6:00AM-6:00PM	12-4	
NAC Masters	630A-730A 9AM-10AM	630A-730A	9AM-10AM	630A-730A	630A-730A 9AM-10AM		
NAC	4PM-8PM	4PM-8PM	4PM-8PM	4PM-8PM	4PM-8PM	700AM-12PM	
Long Course							

Children ages 3 and under must wear a swim diaper

Children under 4 feet tall must be accompanied by an adult in the water at all times (2 children per adult)

Only People age 18 and older are considered adults



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Mission Statement: It is the mission of the Metropolitan Board of Parks and Recreation to provide every citizen of Nashville and Davidson County with an equal opportunity for safe recreational and cultural activities with in a network of parks and greenways that preserves and protects the region's natural resources.

Oct 31, 2012

